

## ADULT ARTS & CRAFTS

### Painting: Oil or Acrylic w/John (10 classes)

For those with wide range of experience. Involves glazing methods, impressionist/realist technique and some drawing. Request supply list.

**Dates:** Tues., 6:30-8:30 p.m., Mar. 31-June 2

**Location:** Friendship Center, Room 109

**Fee:** \$75R/\$80NR/\$63M (#10186)

### Power Layout Scrapbooking w/Michele

Start an album — but never finished? This class will help you complete an album quickly. Includes Power Layout Box. Bring 75-100 photos. Paper and embellishments available for purchase or bring your own.

**Deadline to register is 3/24.**

**Date:** Tuesday, 6-9:30 p.m., March 31

**Location:** Friendship Center, Room 106

**Fee:** \$44R/\$46NR/\$40M (#10157)

### Digital Scrapbooking w/Michele

Learn how to get started making your own digital scrapbook. Laptops suggested, not required, as well as digital photos (30-60) for album. **Registration deadline is March 17.**

**Date:** Tuesday, 7-9 p.m., March 24

**Location:** Friendship Center, Conf. Room

**Fee:** \$11R/\$14NR/\$8M (#10159)

### Painting w/the Impressionists (6 classes) NEW w/Janice Radocha

Learn to paint in the style of the impressionists. Anyone can learn to paint, no experience necessary. Complete 3 paintings on canvas ready to frame and hang! Be part of a group exhibition.

**Dates:** Wed., 9-10:30 a.m., Apr. 1-May 6

**Location:** Friendship Center, Room 112

**Fee:** \$77R/\$85NR/\$65M (#10300)



**Friendship Center members and staff touch a family's life. Thank you to all who joined in the effort.**

## AQUATICS (ALL LESSONS 40 MIN.)

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**PLEASE NOTE: AGE IS NOT THE SOLE CRITERIA FOR ENROLLING IN A CLASS.**

### Parent/Tot I (Ages 3 years & under) (8 classes)

Orientation to water awareness and water safety.

Parent/child.

**Dates:** Tues., 10:10 a.m., Mar. 24-May 12 (#10061)

Tues., 5 p.m., Mar. 24-May 12 (#10062)

Wed., 9:30 a.m., Mar. 25-May 13 (#10063)

Sat., 10:10 a.m., Mar. 28-May 16 (#10064)

**Location:** Friendship Center, Rec. Pool

**Fee:** \$59R/\$66NR/\$49M

### Parent/Tot II (Ages 3 years & under) (8 classes)

#### Pre-requisite: Parent/Tot I

Orientation to water awareness, water safety and beginning water skill development. Parent/child.

**Dates:** Tues., 10:50 a.m., Mar. 24-May 12 (#10065)

Tues., 5:40 p.m., Mar. 24-May 12 (#10068)

Wed., 10:10 a.m., Mar. 25-May 13 (#10067)

Wed., 6:20 p.m., Mar. 25-May 13 (#10066)

**Location:** Friendship Center, Rec. Pool

**Fee:** \$59R/\$66NR/\$49M

### Tiny Tots (Age 3) (8 classes)

Water skill development and safety.

**Dates:** Mon., 9:30 a.m., Mar. 23-May 11 (#10069)

Wed., 10:50 a.m., Mar. 25-May 13 (#10073)

Wed., 5 p.m., Mar. 25-May 13 (#10072)

Thurs., 10:50 a.m., Mar. 26-May 14 (#10070)

Sat., 10:50 a.m., Mar. 28-May 16 (#10071)

**Location:** Friendship Center, Rec. Pool

**Fee:** \$59R/\$66NR/\$49M

### Angel Fish I (Ages 4 and up not able to swim) (8 classes)

Water awareness, water safety and skill development.

**Dates:** Mon., 10:10 a.m., Mar. 23-May 11 (#10074)

Mon., 5:00 p.m., Mar. 23-May 11 (#10075)

Tues., 6:20 p.m., Mar. 24-May 12 (#10076)

Thurs., 9:30 a.m., Mar. 26-May 14 (#10077)

Sat., 8:50 a.m., Mar. 28-May 16 (#10078)

Sun., 12:10 p.m., Mar. 22-May 17 (#10079)

**Location:** Friendship Center, Rec. Pool

**Fee:** \$59R/\$66NR/\$49M

**CHILD MUST HAVE MET THE MINIMUM AGE REQUIREMENTS BY THE FIRST DAY OF CLASS.**

## AQUATICS (ALL LESSONS 40 MINUTES)

### Angel Fish II (Ages 4 and up, not able to swim) (8 classes)

#### Prerequisite: Angel Fish I

Water skill development in preparation for Blue Fish.

**Dates:** Mon., 10:50 a.m., Mar. 23-May 11 (#10084)

Tues., 9:30 a.m., Mar. 24-May 12 (#10081)

Wed., 5:40 p.m., Mar. 25-May 13 (#10080)

Thurs., 5 p.m., Mar. 26-May 14 (#10082)

Sat., 9:30 a.m., Mar. 28-May 16 (#10083)

**Location:** Friendship Center, Rec. Pool

**Fee:** \$59R/\$66NR/\$49M

### Blue Fish (Ages 4 and up) (8 classes)

Water safety and water skill development. Prerequisites: jump into water, swim 1/2 length on stomach and back and hold breath for 20 seconds.

**Dates:** Mon., 6:20 p.m., Mar. 23-May 11 (#10094)

Thurs., 10:10 a.m., Mar. 26-May 14 (#10095)

Thurs., 5:40 p.m., Mar. 26-May 14 (#10096)

Sun., 12:50 p.m., Mar. 22-May 17 (#10097)

**Location:** Friendship Center, Rec. Pool

**Fee:** \$59R/\$66NR/\$49M

### Cat Fish (8 classes)

Water safety, skill development, and refinement.

Prerequisites: jump into deep water, tread water for 30 seconds, swim length of pool on stomach and back, surface dive and retrieve ring.

**Dates:** Mon., 5:40 p.m., Mar. 23-May 11 (#10091)

Thurs., 6:20 p.m., Mar. 26-May 14 (#10092)

Sun., 1:30 p.m., Mar. 22-May 17 (#10093)

**Location:** Friendship Center, Lap Pool

**Fee:** \$59R/\$66NR/\$49M

### Dolphins (8 classes)

Continue learning skill progressions with focus on stroke development. Must be able to swim the length of the pool.

**Dates:** Thurs., 5:30 p.m., Mar. 26-May 14 (#10090)

Sun., 2:10 p.m., Mar. 22-May 17 (#10089)

**Location:** Friendship Center, Lap Pool

**Fee:** \$59R/\$66NR/\$49M

### Eels (8 classes)

Must be able to swim the length of the pool. Competitive stroke improvement.

**Dates:** Thurs., 5:30 p.m., Mar. 26-May 14 (#10088)

Sun., 2:50 p.m., Mar. 22-May 17 (#10087)

**Location:** Friendship Center, Lap Pool

**Fee:** \$59R/\$66NR/\$49M

### Adult Learn to Swim (Ages 16+) (8 classes)

**Dates:** Thurs., 7 p.m., Mar. 26-May 14

**Location:** Friendship Center, Lap Pool

**Fee:** \$59R/\$66NR/\$49M (#10098)

### Hearing Impaired Learn to Swim (Ages 6+) (8 classes)



Learn the basic strokes of swimming. Classes are signed ASL.

**Dates:** Thurs., 7 p.m., Apr. 2-June 4

**Location:** Friendship Center, Leisure Pool

**Fee:** \$59R/\$66NR/\$49M (#10253)

### Private Swim (6-1/2 hour lessons)

Instructors available to provide private swim lessons.

**Dates:** By arrangement, registrants will be contacted.

**Location:** Friendship Center, Pool

**Private:** \$138R/\$158NR/\$130M (#10085)

**\*Group-Private (class of 4):** \$90R/\$95NR/\$75M per person (#10247) (\*must register as group.)

**\*Semi-Private(max two):** \$185R/\$220NR/\$180M (#10086) (\*siblings only!)

### Home School (Ages 5-12) (8 classes)

No instruction, open swimming. Meet new friends.

**Dates:** Tues., 11 a.m., Mar. 24-May 12 (#10133)

Fri., 1 p.m., Mar. 27-May 15 (#10134)

**Location:** Friendship Center, Leisure Pool

**Fee:** \$32R/\$35NR (Members free)

### Friendship Center Masters Swim Team (18+) (30 classes)

**Requirements:** be able to swim 2-3 competitive strokes.

Fun, Fitness and Friendly Competition! This new program offers on deck coaching for competitive and fitness swimmers of varying levels and abilities. Participation in swim meets is optional.

**Dates:** Mon./Wed./Fri., 5:30-7 p.m., Mar. 30-June 8

**Location:** Friendship Center, Lap Pool

**Fee:** \$90R/\$100NR/\$75M (#10303)



## AQUACISE

### **PADI Discover Scuba (Ages 12+)**

Intro to scuba in a highly supervised manner. Learn dive safety, and equipment. Give it a try w/Ron Willis.

**Date:** Saturday, March 21, 1-2:30 p.m.

**Location:** Friendship Center, Lap Pool

**Fee:** \$17R/\$20NR/\$15M (#10270)

### **Water Aerobics w/Bonnie (20 classes)**

Power packed, cardio workout w/little stress on joints.

**Dates:** Tues./Thurs., 9:30-10:30 a.m., Mar. 31-June 4

**Location:** Friendship Center, Lap Pool

**Fee:** \$64R/\$69NR/\$52M (#10100)

### **Keep It Movin'! w/Jen/Emily (20 classes)**

**Dates:** Tues./Thurs., 6-7 p.m., Mar. 31-June 4

**Location:** Friendship Center, Lap Pool

**Fee:** \$64R/\$69NR/\$52M (#10102)

### **A.M. Aqua Pump w/Darryl (20 classes)**

Start the week off with a brisk aqua power workout. Get ready for the week. Tone, re-shape, get the heart pumping. Fun and Safe! Bring aqua shoes/sneakers.

**Dates:** Mon./Wed., 6:35-7:35 a.m., Mar. 30-June 8

**Location:** Friendship Center, Therapy Pool

**Fee:** \$64R/\$69NR/\$52M (#10127)

### **Shallow Water w/Sybil (20 classes)**

This workout will get you moving and burning extra calories while having fun.

**Dates:** Mon./Wed., 6:30-7 p.m., Mar. 30-June 8

**Location:** Friendship Center, Lap Pool

**Fee:** \$32R/\$37NR/\$26M (#10176)

### **Deep Water Walkers w/Sybil (20 classes)**

Participants encouraged to wear swim fins but not required. Burn more calories in less time without stress on your body.

**Dates:** Mon./Wed., 6-6:30 p.m., Mar. 30-June 8

**Location:** Friendship Center, Lap Pool

**Fee:** \$32R/\$37NR/\$26M (#10175)

### **Aquacise For Fun w/Joanne (20 classes)**

Try a little bit of everything!

**Dates:** Mon./Wed., 7-8 p.m., Mar. 30-June 8

**Location:** Friendship Center, Lap Pool

**Fee:** \$64R/\$69NR/\$52M (#10099)

### **Aquatic Arthritis w/Mary Jo (26 classes)**

Range of motion exercise for flexibility and coordination.

**Dates:** Mon./Wed./Fri., 10:45-11:45 a.m., Mar. 30-May 29

**Location:** Friendship Center, Therapy Pool

**Fee:** \$84R/\$87NR/\$70M (#10101)

### **Aquawave Fit w/Darryl (20 classes)**

Uplifting, low-impact, quick pace and invigorating to work legs/muscle groups. Aqua equipment used. No stress on joints. All levels welcome.

**Dates:** Tues./Thurs., 7:15-8:15 p.m., Mar. 31-June 4

**Location:** Friendship Center, Therapy Pool

**Fee:** \$64R/\$69NR/\$52M (#10128)

### **AquaWave "All Over Body Tone Workout" w/Darryl (10 classes)**

Various forms of fitness to re-shape and tone muscle groups using different forms of fitness such as yoga, pilates, weight training and resistance training.

**Dates:** Fri., 6:15-7:15 a.m., Apr. 3-June 5

**Location:** Friendship Center, Therapy Pool

**Fee:** \$32R/\$37NR/\$26M (#10129)

### **Aquawave Fitness Energy Pump w/Darryl (10 classes)**

Work, shape and tone all major muscles through low to moderate intensity movements. Bring aqua shoes or sneakers.

**Dates:** Sat., 8:15-9:15 a.m., Apr. 4-June 6

**Location:** Friendship Center, Therapy Pool

**Fee:** \$32R/\$37NR/\$26M (#10131)

### **LOOKING FOR SOMETHING TO GET YOU OUT OF THE HOUSE?**

The Friendship Center is looking for mature, responsible people to lifeguard. If you are a stay at home parent and need something to do while the kids are at school or a retiree and need to keep busy between trips, get your lifeguard certification and call the Friendship Center!

